

A large, gold-colored picture frame is the central focus, containing a photograph of an older man with grey hair and a young girl with blonde pigtails. Both are wearing yellow clothing and laughing joyfully. The man is on the left, looking towards the girl on the right. The background of the photo is a clear blue sky. To the right of the frame, a portion of a large, dark brown ceramic vase is visible. The entire scene is set against a light beige background.

*Worth a million hours  
in front of the TV.*

Would you trade a night on the couch with a bag of chips for a day like this? Put down the remote and take a walk. Exercise can add years of great times like this to your life.

*Live Like Your Life Depends On It.*

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